

Work and Life Oriented Education

Class Six



NATIONAL CURRICULUM AND TEXTBOOK BOARD, BANGLADESH

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Work and Life Oriented Education

Class Six

Written by

Mohammad Mojibur Rahman

Md. Shahrier Haidar

Sumera Ahsan

Edited by

Dr. Mehtab Khanam

Translated by

Nazmun Nahar

Elina Akhter

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Preface

The aim of secondary education is to make the learners fit for entry into higher education by flourishing their latent talents and prospects with a view to building the nation with the spirit of the Language Movement and the Liberation War. To make the learners skilled and competent citizens of the country based on the economic, social, cultural and environmental settings is also an important issue of secondary education.

The textbooks of secondary level have been written and compiled according to the revised curriculum 2012 in accordance with the aims and objectives of National Education Policy-2010. Contents and presentations of the textbooks have been selected according to the moral and humanistic values of Bengali tradition and culture and the spirit of Liberation War 1971 ensuring equal dignity for all irrespective of caste and creed of different religions and sex.

The present government is committed to ensure the successful implementation of Vision 2021. Honorable Prime Minister, Government of the People's Republic of Bangladesh, Sheikh Hasina expressed her firm determination to make the country free from illiteracy and instructed the concerned authority to give free textbooks to every student of the country. National Curriculum and Textbook Board started to distribute textbooks free of cost since 2010 according to her instruction.

For the unprecedented development of Science and Technology, the learners of this century facing the ever changing world. In this new circumstance, **Work and Life Oriented Education** subject is included in the curriculum as per guidelines of the national education policy, 2010. The textbook has been designed with a view to creating eagerness among learners towards jobs and professions and making them respectful towards people of different sections and professions. It is expected that this subject will make an important contribution to build up a self-confident new generation in order to face the future educational and professional challenges.

I thank sincerely all for their intellectual labor who were involved in the process of revision, writing, editing, art and design of the textbook.

Prof. Narayan Chandra Saha

Chairman

National Curriculum and Textbook Board, Bangladesh.

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Chapter 1

Pleasure at work

Many of us get pleasure in doing work. It is necessary to be strong in creative thoughts to be successful in works. Generally applying physical and intellectual labour, we have to complete the work. Self respect is increased through the works. Now we shall try to gain the idea of self-respect, self-confidence, creativity, physical and intellectual labour.



At the end of this chapter we will be able to

- give you idea of self-respect, self-confidence, creativity and physical and intellectual labour.
- identify the field of self-respect, self-confidence and creativity.

Lesson-1 : Concept of self-respect

You may hear the conversation around you – ‘Mr. Karim is a person of self-respect’. What does the word ‘self-respect’ actually mean? By breaking down the word we will find, ‘self’ means own and ‘respect’ means honour. Then does the word ‘self-respect’ mean ‘respect towards own?’ Let us try to realize from the following events:

Situation-1:

Nitu is a college going student. Everyone likes her because of her good behavior. She helps her mother in household work. Her mother says, ‘You don’t need to help me. I will do it by my own’ Nitu replies, “You all inspire and love me so much, help me in my studies, I must do something for you. I know there is no shame in doing work rather it increases our respect.” Mother becomes very happy at Nitu’s sense of self-respect. She says, “we really need such self-respected girls.”



Situation-2:

Aziz is a talented student. In his early childhood, he lost his left leg in an accident, now he moves using crutch. He always stands first in his school examinations. He got A+ in the primary completion examination. When he was admitted into a new school, everyone was charmed at his good behavior. His result was very good. One day, during Tiffin break, the all that students in the class asked him, whether he feels sorrow or not about his lost leg? How is he doing so well in the examination? Aziz replied



to them, “So what? I work very hard as much as I can. In my house, everyone loves me so much and help me in those work which I can’t. At first, I felt sad but now I feel like everyone.”

Situation-3 :

Taposh reads in a secondary school. He never dishonors anyone, nor uses any abusive word. He never quarrels with others even if there is a difference in opinion. He believes that others may have different kinds of thoughts. One day, his classmate Shagor says that he likes Anis sir’s teaching method very much. But, Anik says that Anis sir speaks very fast and that is why he finds it difficult to understand his lecture. When they are about to quarrel on this matters then Taposh says that “Each of you have expressed your own opinion and you have also the right of it. Instead of quarrelling you can respect each other’s opinion, isn’t it? From a book I have come to know that those who respect themselves also respect others.”

What can we learn from the above mentioned situation?

We can learn from the above situation, a self respected man –

- Performs his or her own duty properly; never feels shy to do any legal work.
- A self-respected man respects his or her own capacity and capability though he or she has physical and intellectual limitation.
- Shows respect to other’s opinion.

Some people think, self respect is respect for one’s own self and also to be aware of his self-identity as a human being. Again, some others think, self respect means being conscious about one’s own surroundings and own passions and behave accordingly. Feeling shy to do any unfair work, behaving humanly with others, and thinking positively and something innovative etc. carry the identity of self respect. Expression of good taste, which is acceptable to all, is also the sign of self respect.

Group Work

Make groups of 4/5 students and write down an incident on Self Respect from your own experience and describe it.

Lesson 2-4 : Self Respect & story of Self Respect at work

Honor is gained only through work. Our self-dignity is also expressed through work.

Do following activities indicate the identity of self-respect or not? Write Yes/No for your answer.

Work	Yes/ No
Sohel likes to do his own work.	
When Fatema's parents scold her, she tries to find out cause of scolding and correct herself.	
When Mili goes to school, their maid- servant carries her school bag.	
Roma doesn't speak in a very loud voice, she thinks it may disturb others.	
Shirin brings her homework everyday, because as a student she thinks it is her duty.	
In the evening when Mahmud's father comes home back pulling the rickshaw, all day long, he passes food and water to him and cleans his rickshaw.	
Mother washes Shuvo's dirty cloths.	

Now, let us evaluate our thoughts. Soheli likes to do his own works. He shows as a reason that the wise always depends on own self and foolish always depends on others. So, doing our work on our own is an identity of self-respect. From now on, like Soheli, all of us will try to do our own work.

As human being, we should have feeling of shame. We feel shame for unfair deeds. So, if Fatema is scolded by her parents for her misconduct, she feels guilty, She respects her parents desires and obey their opinions. Such behaviours of Fatema are the identity of self-respect.

If we talk in a high-pitched voice, then people around us may feel disturbed. A self-respected person never conducts any work that is troublesome to others. So, Ruma's speaking in a low voice indicates her consciousness about self-respect.

Shirin is very much careful about self-respect. Besides this, she is respectful to do her duty and obey the rules of school. To her, if others can do

then I can do too.

Keeping yourself clean and tidy all the time, doing own work by own self well and helping others bear the identity of self-respect. If we do not keep ourselves clean then we will find ourselves untidy. Bad odor comes out from our body through sweat and dirt. Do we feel good if we smell bad odor from others body? People surrounding us also feel unhappy about this.

We should respect those who do physical labour. Rickshaw pulling, rowing boats, working in the field etc are all hard works. Our life has become easy as they do all these hard work. We should respect them and serve them after they come back to the house and make suitable arrangement for taking rest.

So we will do our own work by ourselves. But without learning we will not do any risky job. We will show respect to others and if possible, help them as much as we can. We will always keep tidy. If we make any mistake while doing any work, we will not feel inferior to learn it from others. There is nothing to be shameful at this. Everyman may not do all work properly. To do work properly, he should learn the work and try to do it again and again. So, we will never lose our self respect and confidence.

Story of self-respect:

After completing the BSC degree from the University of London, Jagadish Chandra Bashu came back to India and was appointed as a Professor on temporary basis. During that time, English people used to think that Indians were not suitable for teaching science. So Jagadish chandra Bashu was paid two-thirds of the salary got by the English men for the same designation. Moreover, as Jagadish chandra was in temporary position he only got half of the two-third.

Disparity between the English and the Indians hurt the self-respect of Jagadish Chandra. He raised protest. Nobody paid attention to this young professor. At last he decided not to take salary at all and he continued his service as professor for three consecutive years. At last, the authority surrendered to his logical right. All dues were paid to him after fixing the salary as equal as an English Professor.

Group work

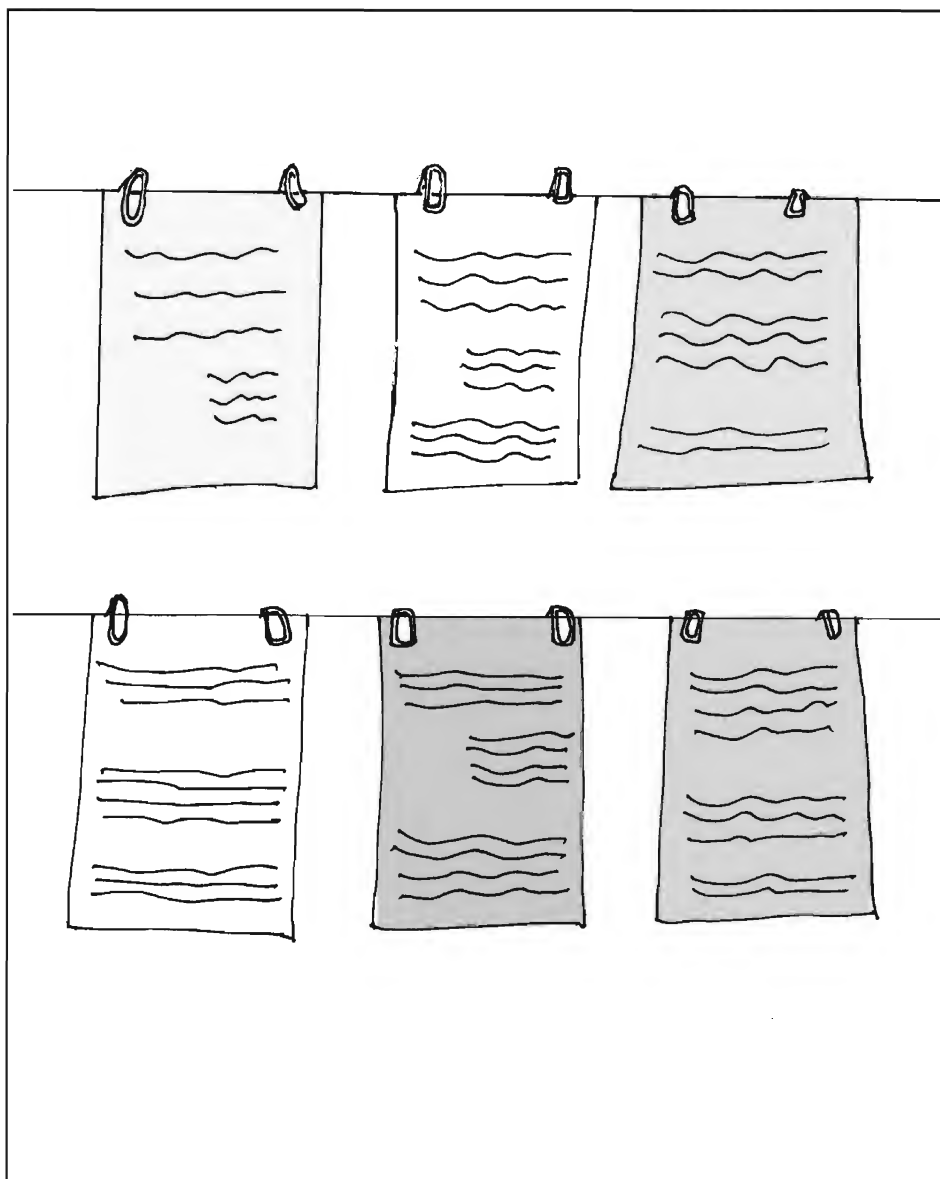
You may find such type of self-respected persons like Jagadish Chandra Bashu around you. Let us make a poster with the stories of such people.

Write down a story on self-respect through group work.

[Allocate one class period for this activity]

Hang the stories of all groups on wall

[Allocate one class period for this activity]



Picture : Writing Story on the poster and hanging it on the wall

Lesson-5 : Self confidence

Let us see the pictures below and think –



Rakib is giving speech at the Annual Prize Giving Ceremony of the school. His gestures indicate that he is not scared while giving the speech.

In the swimming instruction class Nitu's instructor says, "You don't need to be afraid of drowning because you are wearing a life jacket". Nitu also knows that she is not likely to be drowned.



After the lesson finished, the teacher asked in the class, "Can anyone of you come forward and tell us in short what we have read today"? Most of the students raised their hands.

What have you seen in the first picture of Rakib at the top, Nitu in the second picture and what do the students lack who do not raise their hands in the third picture?

Nitu and Rakib had enough self confidence, so they were not afraid of at all. In the third picture some of the students lacked self confidence so they did not raise their hands. They were getting frightened, because they were not confident. Then what do we mean by self confidence?

‘Self’- means one’s own. So, does “self confidence” mean confidence on oneself?

Yes, it is exactly right. Self confidence means confidence and reliance on one’s own knowledge, ability to work or working skill. Those who are aware of their working ability and working skill and who have full confidence and belief on themselves, are indeed self confident.

Let us hear a story –

Once there was a man in a country. His name was Habu. He used to eat too much milk with burley. He thought himself as a great wrestler, though he had not enough strength in his body. So he thought –one can fly if one has physical strength. So he announced in the whole city that he would fly around jumping from the hill. The foolish Habu did not think at all that one needs wings and also needs to learn how to fly.

On the due date he climbed up the hill as usual. Everybody forbade him several times. But he did not listen to them. Habu thought that all were jealous of him as he would become famous. So they were forbidding him. Habu jumped off the hill and then what happened next— he fell down and died.

But Habu’s belief is not self-confidence rather it is over confidence or wrong belief. Self confidence means first to make oneself aware of one’s own belief or self-reliance and then build that self confidence.

Activity:

In an exercise book each learner will write down on which things he/ she is confident and will present it in the class.

Lesson 6-8 :

Let us learn the stories of some self-confident persons and become self-confident



Many people think that self-confidence is the master key to success in life. We cannot succeed in life if we are not self-confident. We may face many obstacles in the course of our life. But, those who are self-confident enough do not easily give up their hopes. They keep struggling till they reach their destination. Whatever the obstacle is nothing can stop them. Those who have no self-confidence give up their hopes and admit defeat easily and they accept their defeat. Think about our liberation war. Years after years, the Pakistani rulers deprived us. They enriched their own country with our money and wealth. After that when we demanded our deserving rights, they continued intolerable torture on us which can not be uttered. They suddenly attacked us in the dark of the night on the 25th March 1971. They killed thousands of innocent, unarmed, sleeping people without any reason. We did not accept that brutal torture. We made strong resistance against it. We had neither arms nor military training. The indomitable sons of the Bengal, were strong enough by our patriotism and self confidence. So we overcome hundreds of obstacles and at last we could bring the victory.



Picture : Everest Victorious Musa Ibrahim

Have you heard the name of Musa Ibrahim? He climbed up the top of the Mount Everest, the highest Peak of the World as the first Bangladeshi. He used to practice hard in climbing up the mountain during his study at the "Institute of Education and Research" in Dhaka University. At the time of climbing up the Everest, he faced some difficulties like the shortage of oxygen and different physical problems. Several times he was about to die but luckily he survived. In spite of these he did not submit to defeat. He neither gave up hope, nor stopped. At last, he perfectly conquered the Everest with his self-confidence.

Ferdousy was born in a small town in Bangladesh. From her childhood she had a strong desire to study in the university. So she used to learn her lessons very

attentively. When she was studying at school, some rogue boys used to tease her on her way to school. Ferdousy was a brave and self-reliant girl.

She made strong protest against it. Terrorists became ferocious and on threw acid on her. As a result she became blind. But nothing could stop her. She continued her study and later on she got admitted herself into University of Dhaka. Her guardians took help of law against terrorists. And two of terrorists got death sentence. Guardians thought over their safety in future and made an organisation taking the youths of the area with them. They have been working with hope that in future no Ferdousi will be the victim of acid throwing.



Let Us Become Self Confident

Now you tell us in what areas you can be self confident



Activity : Parliamentary Discussion

At first, the learners of the class will be divided into two groups. In each group the ratio of boys-girls will be equal. Out of the two groups the first group will be the government party and the second group will be the opposition party. Both sides will select their 2-3 representatives with the help of their teacher. Those representatives will explain the role or position of their party on the issue mentioned below. In this case the teacher will play the role of the honorable speaker.

What steps I can take or what role I can play to stop child marriage/ dowry. The teacher will make overall evaluation of their thinking, ideas and speech and he will present the summary in the class.

◆ For doing this activity, two class periods will have to be allotted.

Lesson-09: Concept of Creativity

Shantunu reads the children page of a newspaper. A word attracted him very much. The word is 'creativity.' He asked her mother, "Mom, what is creativity?" Mother answered,—"creativity is to create something new. Again, doing work afresh and newly is also creativity." Mother is right. To make something new, which can be used for any other good work or doing any work afresh is a kind of creativity. For example: The introduction of new process of saving the paddy field from the attack of insects.

Creativity lies in everybody. It lies in different ways from person to person; different person has creativity in different subjects. Our hidden creativity is disclosed through our different activities.

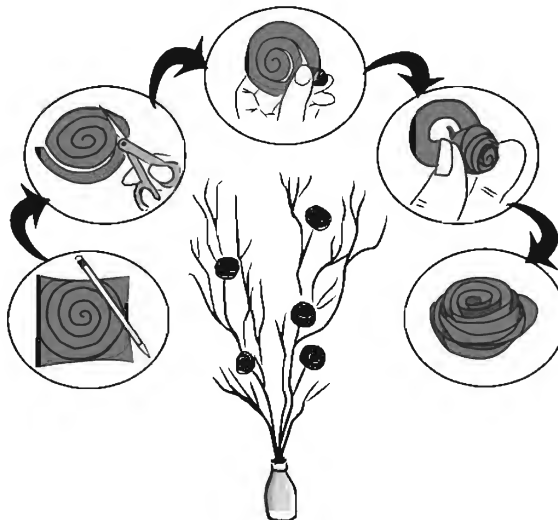
Sadia dreams that she will introduce something new when she grows up. From now on she makes lots of necessary things using various trashed and left off things around her. She has made a paper weight by melting her old used pens, a pen stand by cutting colorful papers and with an old glass. Hearing all these, teacher told "Sadia is a creative girl".



Ejaz and some of his friends together decided that they would decorate the classroom nicely. So Ejaz and his friends jointly collected several pieces of color papers. Then by cutting those papers they made beautiful flowers, leaves, birds. They decorated their classroom by using those flowers, leaves, birds. Hearing all these, the Head Master came to see. He praised a lot for these creative ideas and activities of all. He said to all that we will decorate not only the classroom but also our own home and own reading table. These also carry the identity of our creativity.

Have you ever thought how we make new things and how we get the idea of making these new things? In fact we think of different things, issues and incidents around us both consciously and unconsciously. New ideas come up through our thoughts.

So if we want to be creative, we have to think about different things around us and have the desire to create something new, beautiful and essential.



Lesson-10: Creativeness in work

Let's read the following stories



Shathi likes poetry very much. Once she with some of her friends decided to compose a wall magazine. First of all, they took their class teacher's advice on this matter. Their class teacher told them to make a wall magazine with the things they got from their surroundings. The teacher also told that everyone should take part in it. So, Shathi and all her friends made the frame of the wall magazine with the bamboos found in the garden and then made the body of the magazine with the mat which was left in the storeroom. Then they all collected a good number of poems and pasted them on the mat. This way they made their wall magazine. Everybody liked their work and praised them. They said that it was an excellent creative work.



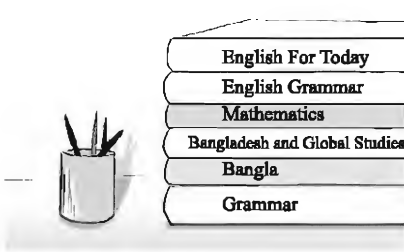
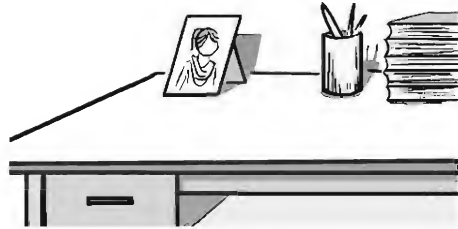
Raiyan doesn't want to trash anything. He always thinks that many beautiful things can be made with the things that we always trash. This reduces misuse. So, Raiyan collects many trashed things and tries to make different things with them. He makes flower vases and pen stand etc with the empty cans of soft drinks and coloured papers. He uses these things himself and presents to his friends as well. His friends like all these presents given by him. Besides these, he makes different kinds of dolls with ropes and clothes, funnel with the upper side of the plastic bottle, paperweight with the used pens, photo frames etc. Everyone says that these creative works done by Raiyan is really praiseworthy.



Nafisa is very good at drawing. She likes to draw pictures very much. She draws pictures of many things surrounding her. She draws pictures of nature and various designs as well. Nafisa draws designs on the floor for the marriage ceremonies or other programmes of her relatives or her neighbours' house. Everyone praises her a lot for her drawings. Not only that Nafisa makes new designs for her own and her sister's dress. As she makes the designs herself, all her dresses are different to those of others. Last year on the victory day, Nafisa drew a picture of the liberation war and presented it to the Thana Education Officer. The Thana Education officer liked it very much and said that we all should try to be creative like Nafisa.

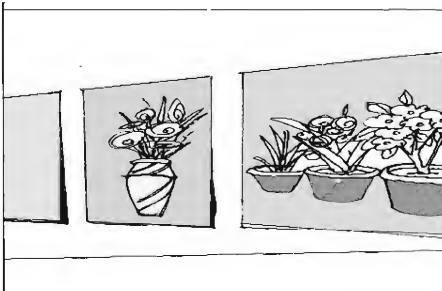
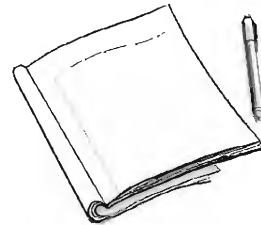
Now tell us, in which activities we can be creative ?

We can keep our reading table, book and exercise book, our own rooms and necessary things tidy nicely.



We can write down the names of the subjects on the sides of the books and exercise book so that we can easily find out our necessary book from the heap of books instead of getting down all of them.

We can draw margins on all sides of exercise books or papers to write on them, Our exercise books will look more beautiful.



We can make different posters on topics related to our text books and we can decorate our class room with these posters.

Activity:

Let us make a list of the creative work (with description of works) each of us can do. We display at least two creative works with description.

Lesson 11 & 12: Stories of some creative persons and their physical labour

By this time we have learnt about creativity. In this lesson, we will know about some creative persons. Although every man is more or less creative, there are some people whose creativeness is world famous. Now we will learn about some of those people.

Rabindranath Tagore

Writing stories or poems is one kind of creativity. Our poet Rabindranath was a Nobel Laureate. He composed many stories, poems, dramas, novels and many songs with the life and minds of people and the nature. He also composed music. Besides, he used to draw pictures. We can see his creativeness in his writings, in his speech, in his selection of words and in the texture of his sentences. Above all in his thoughts on life and philosophy.



Shilpachariya Zainul Abedin

It was Shilpachariya Zainul Abedin whose creativeness became real through his brushes and paintings. We see the daily lives of people and also go through that life. But we can't see those daily lives as Zainul Abedin did. It is not possible for everybody to draw properly what they want to draw ignoring other things around. This is possible only for the people who are creative like Zainul Abedin.



Thomas Alva Edison



In his childhood, Edison had to be rebuked in the school because he was not doing well in his studies. But later, it was this Edison who became one of the creative men of the century. He has records of more than thousands of innovations. It is he who created electric bulb which makes everything bright even in the darkness of night. Before the largely used electrical instrument such as cassette player, or CDs were invented, people used to listen to music in the

Gramophone which was invented by Edison. Edison also invented Telegraph.

Leonardo De Vinci

Leonardo De Vinci, the legendary artist of Italy was born in a village of the city named Vinci which is not very far from Florence. His full name is Leonardo De Ser Piero De Vinci. *Monalisa, The last Supper, Madonna* are famous among his



works of arts. But this versatile artist is known for his other works too. He was a sculptor, architect, musician, and military equipment artist and the creator of many scientific inventions of the twentieth century. Seeing the flying birds in the sky, he got the idea and made the design of the helicopter. Leonardo made one kind of plastic and camera. He wrote about contact lens and steam engine and also explained why the sky is blue. He could do all these things because of his excellent creativeness. His own life is a charming example of creativeness. Leonardo was always thoughtful for the scientific invention and at the same time he tried to discover the mysteries with observation and experiment. And all these are evident in his writings too. Like a whimsical prince, Leonardo left many of his thoughts written in a disorganized way in his notebooks. If we have a look at the pages of his notebook, we will see a sketch of a face was drawn, or a brief description of how a specific colour can be made or the way how we can be cured of certain diseases just beside the writings of photo science.

Group work

Prepare a list of some creative minded people (With the description of their works) and present it in the class

Introduction to Physical Labour

By the term physical labour, we actually mean manual work. All kinds of manual work are parts of physical labour. Taking part in sports is one kind of physical labour just as walking and movement are. Besides, there are many people who regularly earn their livelihood by physical labour, for example – Rickshaw puller; he pulls the rickshaw throughout the day. He has a lot of physical labour while pulling the rickshaw. Besides the rickshaw puller, there are working class people including farmers and labourers who are involved in different types of physical labour.



Those who pull the rickshaw-Van or push-carts, earn their livelihood through physical labour. They have to take a lot of pains through their physical labour all day long. Their physical labour makes our communication and transportation easy. So, we should be respectful to them.

Golden crops are grown because of the hard physical labour of those who make agricultural work even in the face of hot sun, rain, storm etc. People of the whole country live on those crops. They deserve our respect.



But physical labour does not mean only to do heavy work; actually it means any kind of manual work, for example – walking in the veranda; But we do not take it into account as it does not take much labour. We also do many kinds of work in our houses also such as – washing dishes, clothes, cleaning houses etc. These works are also the examples of physical labour.

Those who have become famous give much value to the physical labour. Physical labour is encouraged in every religion too. Physical labour keeps us safe from many kinds of physical problems. It increases the resistance power of our body also.

Activity

Discuss with your classmate sitting next to you and find out what sort of physical work you do in the whole day.

Lesson 13-25: Physical labour and its practice

Hard labour and perseverance are needed for achieving success. Success doesn't come automatically. Success can be achieved only when intelligence and hard work are integrated through honesty. Today we shall listen to the story of such a man who has made the proper integration of honesty and hard labour in his life.

Orphan Roton is now the owner of a small property through his hard labour. Although his day starts with the delivery of newspapers, at night he goes to bed after taking care of the cows of his farm. In this way, Roton has gradually made progress in life. The hawker Ratan wants to succeed more through hard work. When Roton was six years old, his father Anath Chandra Sarker died. Along with her son, Roton's mother took shelter in the house of Rupu Majumder of Jonaidanga village. After that, in order to bring up her children Shandharani started working as maid in others houses. When it was not enough to run their livelihood, she sent Roton to work in the stalls of the local newspaper only for food.

In 1989 while selling newspapers, Roton had a desire that he himself would run his own business. In 1992 he left his job and started bringing "The Daily Chandni Bazar" and sold them at Ulipur Bazar. He started his journey from here and came to meet the people of different profession including journalists. In 1995-96, he got the agency of a newspaper first. Then he got agency of some newspapers one after another.

The polite and well-mannered Roton Sarker became very popular to all. He bought a motorbike to deliver the newspapers. Every dawn he rode his bike to Kurigram and got newspapers from there and then distributed them among eight hawkers. Then with his bike he used to deliver the papers to the houses of the readers. He works in the poultry farm by the midday. Again in the afternoon he collected the money he got by selling the newspapers and then returned home at 10 p.m. and again took care of the poultry and the farm. In this way his days passed through work.

Every day he works 15-16 hours on an average. Roton tells that in this way he has turned his painful life into a happy one. Roton also expressed that it was a great sorrow for him as he couldn't study. In order to overcome this pain he helped his wife Sumita Rani Sarker pass H.S.C exam. Roton mentioned that he had a desire to educate his two daughters Ratri (5 years old) and Riti (3 years old) to higher level.

His future plan is to do something better and great. And with this aim in mind he has set a cattle farm. They did all the works themselves routinely instead of employing others. Everyday 30- 35 litres of milk is collected from three cows. Financial crisis is the main obstacle to his future plan. However, he is determined to overcome this obstacle too. (source: internet)

Let us all practice the physical labour today. Today we will clean our classroom and decorate it nicely.

Group work

Activity 1: Cleaning the classroom

Let us make 4 teams.

Team 1 will clean the bench, chair and table.

Team 2 will clean the floor and ceiling of the classroom.

Team 3 will clean the blackboard and wall of the classroom.

Team 4 will clean the doors and windows of the classroom.

Activity 2 : Classroom Decoration

Let us all decorate the classroom

*These activities are to be done within definite time schedule (total 13 class periods)

The teacher will observe the activities of the students and will ensure the active participation of all the students.

Lesson -26: Intellectual work

We not only do physical labours but also do some intellectual labours regularly. Suppose, any of your friends have asked you a riddle. You will think well and give your answer. The thinking you are doing is a kind of mental labour. You have used your intellect to answer the riddle; thus you have done intellectual labour.



A patient goes to a doctor. The doctor gives him medicine after listening to all problems. Think a bit - how doctor gives him medicine? First of all, the doctor listens to all the problems of the patient, and identifies the symptoms of diseases and thus diagnoses the diseases. After that he has given some medicine for that disease. In this whole process the

doctor has not done any physical labour but has used only his intellect. So the labour the doctor gives is a kind of intellectual labour.

Everyday you learn your lessons. To learn these lessons you need to employ your wit. So learning lessons regularly, keeping them in mind and using them in the future are the examples of intellectual labour.

What can we guess from the above Example? The activities we complete by using our intellect are called Intellectual labour. So, any work we do by using our thoughts, memory and knowledge is Intellectual labour. Intellectual labour is mental labour. When we think about anything or when we think over something, we face any problem, we find out a way to come out, all these are intellectual labour. Everyday we do different kinds of work. These works

include intellectual labour as well as physical labour. It would not have been possible to complete many work properly without doing the physical and mental labour together.

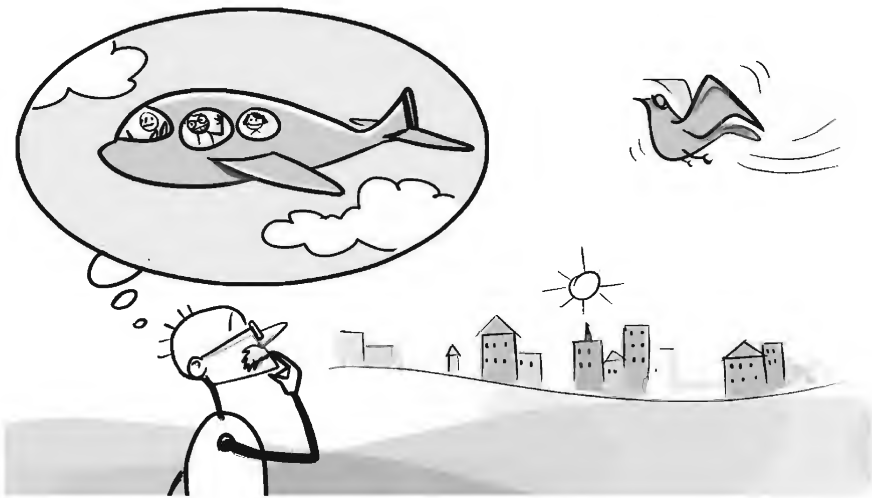
In our daily life we do some work or observe some work being done. Can we say which of them are mental labour and which are not? Let's try.

Put a tick (✓) beside the activities which need much intellectual labour and discuss with your friends on why they are the examples of intellectual work.

Name of the activity	Tick Mark (✓)
Sewing cloth by the tailor	
Writing books by the author	
In the classroom writing a chapter on any topic through free thinking	
Delivering the letters by postman	
Diseases diagnosed by the doctor	
Solving mathematical problems by the teacher.	
Washing the utensils	
Activity other than the above mentioned activities make a list of some more activities that need mental labour.	

Lesson-27-31: Intellectual Labour and Practice

Let's think -where is the difference between the work of a man and a machine? Man thinks a lot when he works, but the machine cannot do it. Machine only goes on working. Man can think, dream and can make their dream come true. Man saw birds flying and desired to fly. So man has made aeroplane using their physical and intellectual labour.



Man has made lots of things only through his intellectual labour. This has made our life comfortable. If we hadn't used our intelligence, human civilization could not have improved. How to make a house would have remained unknown to us. We would have been living in the caves. We would not have got electricity, cell phone, television, nor even bicycle if the inventors had not used their talent. We would not have learnt how to use wheel. In fact, without intellectual labour our daily life is useless. But it should be kept in mind that intellectual labour shouldn't be used for human destruction, for example – making deadly weapons.

Activity

Make a list of activities you do every day and identify which of them are intellectual labour. Take the help of your class teacher.

❖ A class period will have to be allocated.

Every day we read story books. Today we will write story. If anybody wants he/she may write a rhyme or poems. Some may draw pictures if they like. But whatever we do we have to take permission from our respected teacher.

Group work

About the following idea

You have to write story/rhyme/poem or have to draw picture.

In such a way day by day the trees started to end from the village. Nobody knows what happened to all but many people were cutting trees by any means. In such way day by day all the trees started to disappear. Trees are not only the asset of the nature but also the part of it. Nature does not feel good enough if there is no sufficient trees. Rain stopped in Bolpur village.

(Now you start your writing or drawing picture from here and present it.)

- ❖ 4 class periods have to be allocated for writing a story/ rhymes/ poems and drawing pictures.

Sample Question:**Multiple Choice question:**

1. What do you mean by.
a) trust b) honour c) responsibility d) consciousness.
2. "Self Respect" mean
i) giving importance to others opinion
ii) to be conscious about own right.
iii) listening to others

Which one is the correct below?

- a) i b) i & ii c) i & iii d) i, ii & iii

Read the passage below and answer question 3 & 4

Asma with her father waters the plant and takes care of the garden regularly. Besides, she works in a small poultry farm of her mother. So she has to remain busy whole day long.

3. What picture has been exposed in the stimulus?
a) self confidence b) creativity c) physical labour d) intellectual labour
4. By doing this work Asma will
i) remain cheerful ii) be free from disease iii) fall sick physically

Which one is correct?

- a) i b) i & ii c) i & iii d) i , ii & iii

Creative Question:

Read the following passage and answer the questions:

After graduation Rahim Miah roamed around for a job and when he failed he started business with his friends. But after some days he incurred loss in his business. Rahim Miah didn't give up though his friends were disappointed. His handwriting was very beautiful. So he started to write attractive posters with various designs. Within a few days he built a small room close to his house and opened a shop of poster writing.

- a) What is meant by self-respect?
- b) What is the meaning of self respected person?
- c) Explain the work Rahim Miah does.
- d) Rahim Miah's characteristics are the key to his success- Evaluate.

Chapter 2

Our Essential Jobs

We all have to do some essential personal or family jobs to live our life nicely. In this chapter, idea of all these essential jobs, their importance, ways of becoming successful in these work and the role of the students have been discussed.



At the end of this chapter we will be able to

- Make a list of the personal jobs which are very essential in our daily life.
- Describe the advantages of doing our own work ourselves.
- Explain the ways of doing our own work properly.
- Identify the jobs which do not bring money but essential for our family.
- Identify the work of other family members.
- Identify the areas of everyday essential works that will be done by the people outside our family.
- Write a report on the description of the professions of our family members.
- Identify the work that needs physical labour inside the school.

Lesson 32 & 33: Some personal works of our everyday life

We all do some work everyday from early in the morning till going to bed at night. Some of these work must be done compulsorily. The work that we do everyday ourselves or with the help of others is called the daily work of our life.

Activity

You all get into some groups. Now each group make a list of the work people have to do in their everyday life. One member from each group will read out the list of the work to all.

Sl. Our own work in everyday life

1. Tidy up the bed after getting up in the morning

2. Brush our teeth and wash our face.

3. -----

4. -----

5. -----

6. -----

7. -----

8. -----

9. -----

Let's consider the following two case studies in order to understand this matter well.

Case study 1: Imran is nine years old. Every morning he gets up early and tidies up his bed. Then he brushes his teeth and washes his face. After having his breakfast he sits to study. When he finishes study, he prepares himself for the school. So, he takes his bath and then goes to school with the next door friends. After his school breaks, he comes back home and washes his face. Then he has some food and takes some rest. In the afternoon, he goes to play with his friends.



He comes back home in the evening and helps his family members in rearing the domestic animals. Next he goes to study. When he finishes his study, he has his dinner and brushes his teeth. Finally he makes his bed himself and hangs the mosquito net and goes to sleep.

Case study 2: Asma is 10 years old. Every morning Asma gets up early and tidies up her bed. Then she brushes her teeth and washes her face. After having her breakfast, she does her homework. After finishing her homework, she



makes ready her Textbook and Note books, in her bag and go to school. After having her shower she gets properly dressed And then goes to school with her neighboring classmates. When her school breaks, she comes back home, washes her face, has some food and then takes some rest. In the afternoon, she plays with her friends who live near her. In the evening she comes back home, helps her family members in some household chores. Then she washes her face and goes to

study. When she finishes her study, she has her dinner and brushes her teeth. Finally, she makes her own bed and goes to sleep.

Activity

You have read two stories. Can you find any differences between these two stories? Now compare Imran's and Asma's activities and try to read those out.

❖ One class period has to be allocated for this activity.

If you notice carefully, you will see that both Imran and Asma are doing the same sorts of work. Both Asma and Imran tidy up their beds in the morning, do their study, finish their home works, get ready for school, take their bath, dress themselves, take rest after getting back home, go to play with their friends, returns home soon in the evening, help their family members in some household chores, wash their faces and do their study, do their homework, have their dinner, brush their teeth again and finally make their beds themselves and go to sleep.

Similarly, your parents do their own work everyday. Your mother tidies up the rooms, cooks food, works at office, helps you in your study, and does other

household chores. Your father goes to office or works in the field, goes to the market, helps your mother in her work, and does other household chores. This way everybody does his or her own work everyday. These are their own activities in daily life. Everybody has got such works that must be done everyday.

Homework

Make a list of the activities you do in your everyday life.

Lesson 34: I will do my own work myself

It is good to do one's own work. You can get pleasure if you do your own work yourself and you can take pride in it. Those who do their own work themselves, they can gain success in their life. So, do the work possible for yourself to do and take the help of your parents, brother, sister or others for the work you feel needed.

If you do your own work yourself, you will get many advantages. For example:

Doing the work properly: If you do your own work yourself, it is possible to get the work done properly as you want. Nobody will understand better than you how you want the work to be done. If someone does the work for you, he or she will do this as his or her own way which you may not like. As for example: while you are washing your clothes, you know which part of the cloth is very dirty and you can wash it properly. But others will not do so.

Workload is reduced: If you do your own work yourself, it does not create any workload on any single member of your family. Suppose, you have only one brother or sister. If you ask your father and mother to do all your works, they will be overloaded with work. As they have to do other household chores along with their own work, they won't be able to do any work properly.

It makes you more skilled and get prepared for other work: If you do your own work, you will be more skilled and be ready to do other works. Because of doing the same work again and again, you will become expert in this work. As a result, you will be able to finish this work much quicker than before and give attention to the other work.

It keeps you healthy: If a man does enough work daily, his health remains good. The more a man or a woman does his or her own work, the more they

remain healthy. Your body gets exercised if you work. As a result, your body gets healthy and it makes your mind sound too.

It boosts your self-confidence, enthusiasm and encouragement: If you do your own work, your self-confidence, enthusiasm and encouragement will be increased. If you do a work again and again, it will grow the trust on yourself that makes you believe that you can easily do the work. Hence, you will get much pleasure in your work and your encouragement will increase.

It reduces dependence on others: If you do your own work, your dependence on others will be reduced. If you get your work done by others, you will become dependant on others. It may happen that you cannot get the work done at the time when you need it, so you have nothing to do but sitting idly. But if you do your own work yourself, you don't have to depend on others.

You will benefit financially: If you do your own work, you will benefit yourself financially. But if you get it done by others you have to pay him or her for the work. You have to pay for the transport if the work is done outside home. If you do the work yourself, you can save money. As a result, you can gain financial benefit.

On the other hand, one has to face many difficulties, if one does not do one's own works and many problems arise. For example:

There is a fear of mistake: If you get your work done by others, there might remain some mistakes. The person will not realize your needs well and do it in his own way. So, you may not get the works done as exactly as you wanted.

One can not be skilled: If you do not do your work yourself, you will not become skilled. If you are unskilled, you have to face many difficulties as for example: mistakes are made, the same work needs to be done a number of times, it takes much more time to do the work.

Illness: You know that we cannot remain healthy if we do not take exercise and we have to suffer sicknesses from diseases like depression, exhaustion etc. If you do work, your health gets exercised. Otherwise, you will fall sick.

Self confidence is decreased: If you do not do your own work, you will not become confident. Lack of confidence will make you often think that you

can not do anything. As a result, you will not get any encouragement, or inspiration to do any work and you will lose your courage. So, you should do your own work.

Dependence on others: If you do not do your own work, you have to rely on others. Depending on others, hampers your freedom and you have to depend on other's sweet will for the success of the work.

Financial loss: Most of the time, you have to incur financial loss if you do not do your own work. You have to pay the person for the work and as a result, you will not be financially well off. it may happen so that, you cannot do an essential work for want of money.

Lesson 35: I will do my own work myself



Let's write the advantages of doing our work ourselves and disadvantages of not doing our work ourselves



Sl	The advantages of doing our works ourselves	The disadvantages of not doing the works ourselves
1.	It increases self confidence, curiosity and inspiration	It decreases self confidence
2		
3		
4		
5		
6		
7.		

Read the following story attentively :

It is a story of about five hundred years ago. One day an envoy from another kingdom came to the court of the king for a special purpose. The envoy could not see the king and asked one of the king's man. The court men informed him that the king would go out to visit his kingdom in a while, so he was completing all his works. The envoy thought that the court men might be joking with him. Why would the king do his work himself? was it really true? Why would he do his works himself as he had so many servants? Saying nothing more, he was waiting for the king.

But the envoy had little time. So, he kept pleading to meet the king. Later, a guard took him to the king's private room. The envoy was astonished when he entered into the room.

He saw that the king was sewing his own cloth himself. The envoy was wondered. He greeted the king. After exchanging the greetings, the king had the important discussion with the envoy beside doing his own work. To his surprise, the envoy saw that after sewing his clothes the king mended his shoes and then cleaned them.

Then he well clad himself and took his horse out of the stable to visit his kingdom.

After meeting the king, the envoy went out from the palace. The royal envoy still could not believe himself. He could not understand why being the owner of this vast kingdom, the most powerful king would do these work him self. Do you know who this king was?

He was the emperor Aurongozeb, a noble hearted ruler. You might have heard his name. He was the emperor of the Mughal empire. He was famous for his generosity, affection and justice for his subjects and justice. During his realm, people lived a happy and peaceful life. Despite having so many servants he always used to do his own work.

Their is another story

One day Hazrat Omar (R:) went to a distant place for a work of his state. He sat on the back of a camel. His fellow-traveller, a servant went on foot pulling the rope of the camel. It was a very difficult work. After some time Hazrat Omar (R:) made the servant sit on the camel's back and he himself pulled the rope. Hazrat (R:) sat on camels back one time and the servant sat on camels back one time by turns. In such a way they reached their destination. Everybody

was astonished seeing that. Hazrat Omar (R:) believed that if he imposed the hardwork on only servant, it would be injustice to him. So he divided the work and took half himself and gave the servant the other half. If any work is done in such a way, a cordial relation is made between the master and the servant. And excess pressure of work is not imposed on anybody alone.

Lesson 36: We will be successful in our work

The success of any work depends on doing the work properly. You will surely be successful if you do the work lawfully and attentively. You will succeed easily if you keep the following things in your mind:

Work with eagerness and self confidence: You have to have passion and courage to do the work you desire and have the belief that you can do this work. You will find that the job has become easier to do.

To do the work on time: Do the work when it is supposed to be done. Do not leave the work to be done later. This will pile up the work and increase the workload. As a result of doing all the work at the same time there will be mistakes and thus you can not be successful.



To do work in proper way: Do the work in the easiest way to get good result. Before you start, decide how you will do the work. Very often many simple work becomes difficult to be done for adopting wrong ways and thus one fails to do a work. For Example- Mitu herself wanted to wash her own cloths. So, she mixed a spoon of powder soap in a bucket of water and wet her clothes in it. She wet the clothes and washed it soon. So she saw that dirt of clothes was not clean. Her mother saw it and made mitu understand the process of washing clothes. She also made Mitu understand that she (Mitu) should mix how much powder soap with how much water according to the quantity of clothes and how long to keep the clothes wet etc.

To do the work step by step: The way to do any work easily is to split the work into several steps and then finish them accordingly. This will reduce the possibility of making any mistakes and the work will be finished quickly. For Example- Rabi's books were piled up on the floor so Rabi's father bought a book-shelf



for Rabi. He (R) could not take all the books near book-shelf at a time. Then father said, "Take the books near book-shelf step by step and keep it in order." He did the work according to his father's advice and saw that the work was completed nicely.

Avoid getting the work done by others: Do the work that you can do yourself instead of getting it done by others. If somebody does the work for you, you may not like it and you may have to do it several times. Besides, your clothes can be spoilt if you get them washed by other people.

Take the seniors advice to do new and complicated works:

If we take the advice of experienced persons, we can gain success in the work easily. Those who are older and more experienced than us know the proper and easy way of doing work. For this you can take advice from older persons of your family and neighbours. They will inform you step by step that you are. For Example- If you make a tea for the first time, you must know from your mother or senior's how how to light a stove, how the boiled water is poured down from kettle and how much tea leaves, sugar and milk mixed with the boiled water. In this way you will be safe from accident as well as you can make a delicious cup tea.

Not to suffer from shyness or inferiority complex: you should not feel shy for any work you are doing. Again, don't be undecided whether you can do the work or not. You have to be firm in your decision and do the work. Remember that there is no need to be shy for doing any work, rather there is honour and pride in doing a work.

Work in team: There are some work which can be done successfully if you do them in a team.

Make an effort and don't be disappointed: Try to do the work again if you can not finish it at a time. Don't think that you have failed. Never indulge any anxiety or disappointment in your mind. This weakens your confidence and you can not succeed.

Group work

Discuss in small groups and write how one can be successful in doing a work

Think over a work. Make a plan on the basis of what you have learnt from this lesson and think how you can be successful. If you need, take help from teachers or friends.

Lesson 37 & 38: The household chores of the daily life

People live in family. Some live with their father, mother, sisters and brothers while some live with their father, mother, grandfather, grandmother and uncles-aunts together.



You know that much work has to be done if you want to live together. You will see that each and every senior person of your family is doing some work. The work which is applicable for all the members of a family are called household chores. For example, shopping, cooking, laying the dining table, tidying up the rooms, rearing the domestic animals, paying different bills etc.

Mention the Name of works in the chart on the next page which you can do yourself and you can help others to do.

Serial No.	Family house hold chores of daily life	The work which you can do yourself	The work which you can help family members to do
1.	Arrange dining table		
2.	Shopping		
3.	Keeping your bed room neat and clean		
4.			
5.			
6.			
7.			
8.			
9.			
10.			

We see that our parents and the other seniors usually do the household chores. But many members of a family does their work which suits them him or her according to their age, ability and skill. Although most of the time the family members do the work themselves, sometimes, help from the outsiders is needed when the members are few in numbers than the workload or busy otherwise.

My role in household chores

Now you can realize how your family is benefited if you help your parents or the seniors. There are much work that you are able to do them easily and you can help your seniors in doing those work such as helping your mother in cooking and making house tidy, going shopping with your father, working in the field, helping in rearing the domestic animals, looking after the younger brothers and sisters etc.

Make a list of the household chores you did last week and present it in the class.

❖ One class period has to be allotted for this activity.

In the following table, mention the more household chores which you can participate.

Sl	Household chores
1.	Helping your mother at cooking
2.	Going shopping with your father
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Lesson 39-42: Do the members of a family do all the work of their daily life?

Sometimes it is not possible for the family members to do such sorts of work which are necessary for leading our daily life. Those sorts of work are get done by the people outside of a family, for example: cleaning the roads, painting the house, repairing the electric fans, fridge, television when they don't work, harvesting in the field, rearing a large number of domestic animals and collecting food for them etc. We take help of the people out of our family to do these works.

In the following table, mention the work which are done with the help of other people outside of a family.

Sl	Work done with the help of others outside of a family
1.	Collecting food for the domestic animals if they are many
2.	Repairing the electric fans, fridge, television when they don't work
3.	
4.	
5	

The source of family income

Your parents shop and buy different things. They often buy things for you. Do you know how do they buy those things? You might know they need money for buying those things and have to earn money.

Do you know who earns money in your family? How do they earn? In the following table write down the following things.

Sl	Members	How they earn
1.	Father	
2.	Mother	
4.		
5		

The source of income of every family is not the same. Some work in the office, some do business, some work in the field and some do teaching in order to earn money. However, it is not the fact that all the members in a family earn.

Those who have become old, those who are very young in age, or impaired can not earn. Many mothers do not work in the offices, or do not do any business. Rather, they do different sorts of work and outside which help the family a lot. Such sorts of work are rearing child, cooking, going shopping, harvesting crops, preserving the seeds and helping in other agricultural works. These sorts of work done by the mother for the benefit of the family and in some cases bring income.

Group Work

Make a family consisting of some members.

You get divided into some families where one of you will act as mother, one of you as father, one of you as uncle. Now make a list of what sorts of work the members do and what they earn for the family. One member from each family read out the list.

❖ A class period has to be allotted for this activity.

You can also play a role in the earnings of your family. Beside your study, in your leisure time, you can help your elders in their field work, rearing the domestic animals, farming, growing vegetables in your house compound and in their business. You too will have the contribution to the income of the family

that will be earned through these sorts of work.

Works inside the school

You do much hard work in your personal and family life. Many people in your school do some physical labour too. They are the guards, postmen, gardeners, sweepers, clerks etc. Have you ever noticed carefully that what sorts of work they do? If you have, you will understand that their work is very important for the proper management of the school. Make a list of the people and the hard work they do inside the school.

Sl	Those who do physical labour	What sorts of work they do
1.	Clerk	Rings the bell at a regular interval.(when the school program starts, classes start, and finish, School activity finishes etc)
2.	Sweepers	Sweeps the classrooms, playground and other places

There are some physical labours that you can take part in, for example, tidying up the classroom, cleaning the playground, making a garden etc. If you do these sorts of work in the school, you will get a good environment and good environment keep our body & mind well. It also helps quality education.

Activity

Make a list of the physical work you can do in the school.

❖ A class work has to be allotted for this activity.

Sample Question

Multiple choice questions

1. How can one contribute to the earnings of the family?
 - a. helping in farming
 - b. studying attentively
 - c. Packing up your school bags
 - d. taking care of the sisters and brothers
2. Dependence on others means
 - a. to be unable to do one's own work
 - b. lack of eagerness in doing work
 - c. to take other's advice
 - d. to do work to the likings of others

3. Read the following passage and answer question 3 & 4

Mita is the eldest among her brothers and sisters. Due to her mother's illness, she has to do some works, bathing her younger brothers and sisters, looking after their studies, preparing their school tiffins, etc. She enjoys doing those works. So, everybody of her family loves her very much.

3. Which feature of a daily life is reflected in the story?
 - a. personal work
 - b. other's work
 - c. family work
 - d. social work
4. This sort of work Mita does
 - i. makes the ties stranger
 - ii. reduces workload
 - iii. helps increase the income

Which one is correct?

- a. i.
- b. i & ii
- c. ii & iii
- d. i, ii & iii

Creative Question

Read the following passage and answer the questions

Tonni is a very tidy girl. She finishes her everyday study regularly. She does her class work timely. Everyday she tidies up her reading table. Everybody is pleased to see her reading table. She gets a good result in her exam too. Ayon, her younger brother is very lazy. Tonni has to do all his works like packing his school bag, tidying up his table. Ayon even does not want to have his food himself, his mother has to feed him.

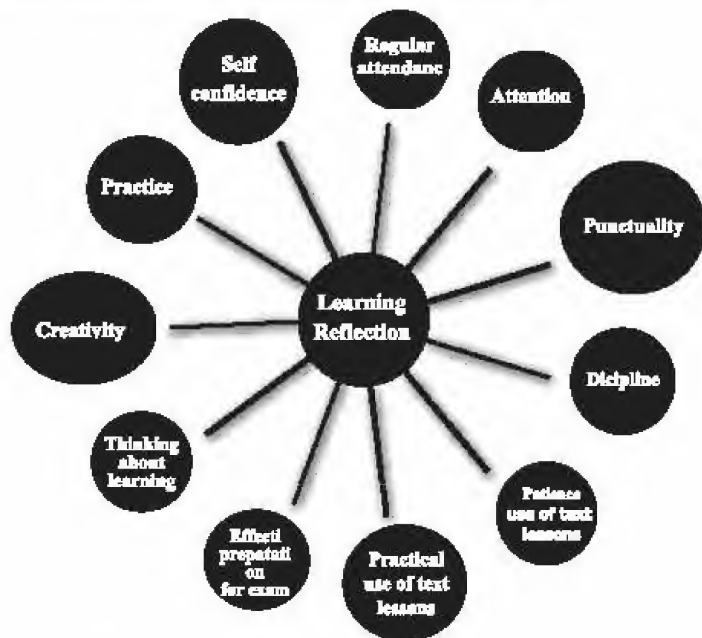
- a. On what the success of work depends?
- b. Explain, what 'own works' mean in the daily life.
- c. Explain, the means Tonni followed for her success.
- d. What problems, do you think, people like Ayon might face? Evaluate in the light of the textbook.

Chapter 3

Success in Education

We all are studying and learning so many things everyday. Have we ever thought how important our student life is? During this time, if we try to do our work properly, we will become successful learners. I can expect a nice life when I grow up.

In this lesson, we will primarily come to know about the means of doing good results in the examination or being successful in our study.



At the end of this lesson we will be able to

- make a list of the essential qualities for achieving success in education.
- explain the means of achieving essential qualities for success in education
- express positive attitudes towards continuing the education process.
- take part in the short dramas on achieving essential qualities for succeeding in education.

Lesson 43-45

Rashed who is as old as you have written a letter to his friend. Let's read this.

Dear Zubayer,

How are you, my friend? Convey my salaam to uncle and aunt. You will be happy to know that I have stood second in the annual examination this year. You must be thinking how I have done better result than before. It is not hard at all to do good result in the examination. But yes, I have changed some of my habits.



This time I was not absent in a single class. In the class, I was not only present, but also attentive. I always listened to the teachers attentively. After coming back home from school, I completed my everyday study and finished my homework. I did the class works carefully. And, I didn't remain just silent but now I am used to asking questions to the teacher. The teachers become glad at this. If the teacher asks anything, I try to answer in my own way. Now I am very self confident. Again, at the end of the class or sometimes during the class, I discuss about my subjects with my friends. If I cannot solve any problem of my study, I just don't give up. With patience, I try to solve them over time. I practice those topics that seem complicated to me. Now, instead of reading guidebooks or others' notes I make my own notes for study.

Oh, I have forgotten to tell another thing. This year with some of my friends I have made a project for the science fair. We hope, this project will amuse all. But don't think that I have given up playing football and Ha-doo-doo games in the afternoon. Our annual sports competition is in the next month. So, beside study, training on sports is going on in full swing.

Stay fine, my friend. See you later.

Your friend

Rashed

Group Work

Have you read the letter above? Now, you all get divided in small groups (3/4 in each) and try to answer the following question.

Question 1: What qualities made Rashed do a good result in the exam?

❖ One class period has to be allocated for this activity.

Group Work

Let's make a list of 10 successful learners of the senior classes (7/8/9/10) with the help of your teacher. Now let us get divided into small different groups and take interview of those successful learners. We will ask them about the qualities that help them successful as a learner.

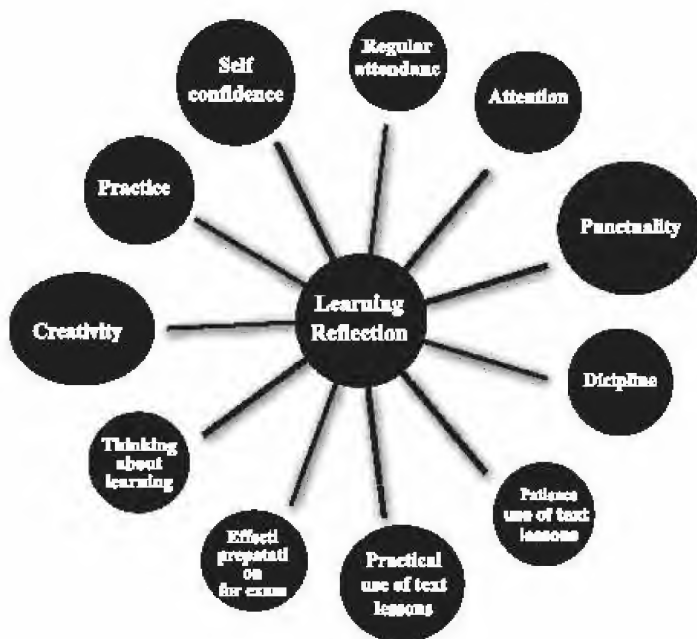
We can use the following questionnaire for this purpose.

1. How many days couldn't you be present in the school last year?
2. How do you make it up if you can not attend a class?
3. What do you do if you do not understand anything in the class?
4. What do you do for better understanding while your teachers teach in the class?
5. When do you usually do the household chores?
6. When do you usually do your study?
7. What do you mainly use for your study? (textbook, guide book, friend's notes, your own notes)
8. Does anybody help you in your study at home or outside home? If yes, who help you and how?
9. What do you do if you find anything very difficult to understand or don't understand at all?
10. How do you prepare yourself for the exam?

Let's every group make a list the qualities of the successful learners from the

Activity interview and present them on the poster. Now from all the lists let's make a main list where all the qualities will be there. But don't repeat a single quality. If any of Rashed's quality is missing here, add them too in the main list. Now, let's hang the poster on the wall of the classroom. Let's check if the following qualities are there.

◆ One class period has to be allocated for this activity.



Lesson 46-53: The ways of achieving success in Education

In the previous class, we together made a list of the qualities of a successful learner. But how these qualities can be achieved? Let's try to know the ways to gain the qualities of a successful learner.

Let's see the pictures below and explain in the class what is happening in those pictures?



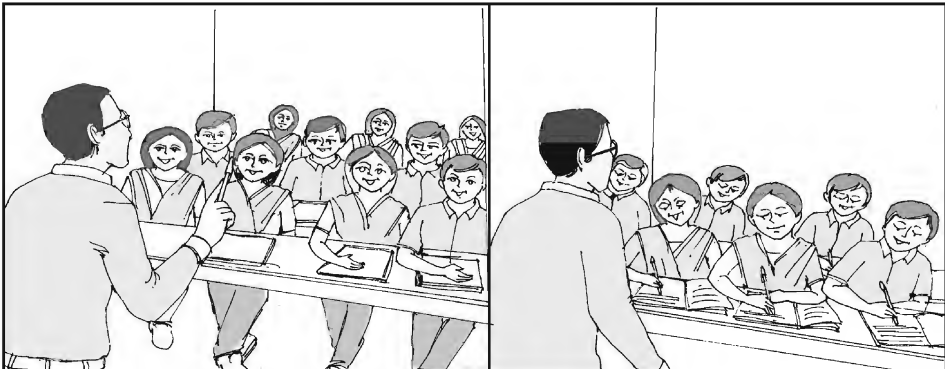
Let's think: Where are the people in the pictures going? How are they going? Will they be able to be successful learners? Explain to your friends why do you think so?

Let's see what we have learnt.

Let's go to school regularly

Our life will be problem free

If you want to be successful learners, then regular attendance in the school and every class is very essential. The learners often think that one can be a good student by studying at home only. But most of the students who do good results in the exam, always go to school regularly and attend the classes. If you don't go to school, you will miss the teacher's lectures, class work, taking notes etc and thus lag behind others. Besides, we not only learn lessons at school, but also many things, for example, to adjust with the classmates, to discuss with friends about lesson to behave nicely with the teachers, To play with friends and help them if any one of them fall in danger.



In the class I listen to the teacher attentively
And note down the important things instantly

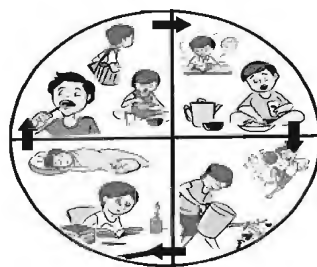
Let's think: Notice the two pictures above. Is there any relation between the works done by Salam and Shewly? If yes, let's discuss how it can help Salam to become a successful learner.

Let's see what we have learnt through the discussion.....

It's not enough if you attend the class regularly. You have to listen to your teachers in every class. What the teacher wants to teach you can be understood if proper attention is given. You don't have to give much effort at home if you understand the lesson well in the class. You should try to do the class work sincerely the teacher gives you. Besides, you need to note down the homework as you are likely to forget as soon as you come back home. Often you think that you don't need to note it down, you will remember. But it's not always possible for the human brain to remember so many things. So, always keep a diary or a notebook to help yourself. Write all the important things down on that diary. You have to be aware that writing does not interrupt your listening. You must listen to your teacher attentively. At the same time you have to be aware of what is going on in the class. It may not be easy to be always attentive. You have to try not to think about other matters in the class. If anything distracts you, you should try to get rid of that thing at once.



Anima



Rasel

Let's think: What are Anima and Rasel doing in the picture above? Let's discuss about the quality they do have for becoming a successful learner.

At due time I study and play

I pass everyday rightly this way

Let's now see the advantage of doing work timely. We will also see what problems may arise if the work is not done timely.

Advantages of doing the work timely	Disadvantages of not doing the work in time
1) If you finish your study everyday timely, it reduces the study load during your exam.	1) Very often we don't finish our study regularly. Then we have heaps of lessons to complete before examination. It's not really possible to finish all those lessons even if we try. As a result, we have to take much pain and also the result is not satisfactory.
2) As you don't study too much at a time, you get pleasure while you study.	2) You are scared while you study because you have to finish all the study at a time.
3) You have much time left for other work such as for playing, for pastime, for visiting your relatives, helping your siblings in their study etc.	3) You can not even enjoy a joyful moment. Suppose, you are in a birthday party but you can't enjoy at all. All the time you are worrying about your exam.
4) As there is time left for each work, the work can be done properly.	4) As there is no time left for each work the work can not be done properly. The work is done in a hurry and thus not done properly.
5) This makes it possible to eat, sleep, study, and play at the due time. This makes us healthy too.	5) Irregularity can make our health weak.

It would be the best if we make a weekly routine of our everyday life. We also get pleasure if we do our work routinely.



Let's think: What are the students doing in the picture? Do you also do those in the class? What else do you do?

I am always an active learner

And I dream of a nice future

Now let's listen to story

Active Shumi

Shumi has been promoted into class six this year. Everybody calls her 'Active Shumi'. She adjusts herself to the teachers, friends, office assistants, gardeners and others as well. She does not hesitate to ask the teacher if she does not understand anything in the class. Why should she hesitate? If she does, she will not understand. Perhaps if she fails to understand a subject, it might make the following subject difficult to understand too. Again, when the teacher asks any question in the class, Shumi has the confidence to answer without any hesitation. Sometimes she is wrong. Then her teacher or her classmates correct her. At this, She doesn't feel shy, rather she feels happy. She believes that in the class everyone's opinion is important. So, she listens to her classmates when they say something and take part in the discussion. She thinks that it's very likely that there can be arguments in the class but one should not get angry at this. Rather, she tries to make others understand with her strong arguments. She is always active.

Group Work

Let's discuss and answer the following question:

Explain, why Shumi's classmates call her 'Active Shumi'.



Let's think: How can the above kinds of work in the picture help you if you want to be a successful learner?

If I don't understand anything at a time

I keep patience and go on trying many times.

Activity

Let's solve a riddle



Riddle: A man will have to cross a river along with a tiger, a goat and a basket of beetle leaf. But there is a condition.

1. He has to row the boat as there is no boatman.

2. He can take only one thing with him at a time.

3. The basket of beetle leaves and the goat cannot be put together. Because the goat will eat up all the beetle leaves. Also, the tiger and the goat can not be put together because the tiger will eat up the goat.

❖ Can you tell how he will take the goat, the tiger and the basket with him across the river?

Could you solve out the riddle? Some of you might have done it. Those who Can not solve it yet, can take the help of your friends. Those who have solved it are able to solve it one effort? Certainly not. Most of you have to try several times. Trying to do a work repeatedly with patience is called perseverance. This is also a good quality of being a successful learner.

Just like solving the riddle, one can not be successful in understanding something, doing class work, or doing homework at the first time. Then we become angry or feel sad. But we have to keep this in mind that if we try we can be successful at least to some extent. What is more important that despite our trying if we fail, there is nothing to be shameful. Rather, it brings respect when we try, and it's foolish when we don't try. Again, there are some sorts of work which when done develop efficiency. As a result, the work can be done perfectly, for example, if you make "Ruti" first it will take you more time. And the shape of the ruti will not be good. But if you try again and again the ruti will be well round and thin. Besides it takes you less time. Can you tell what other sorts of work are there that we do many times and become expert?

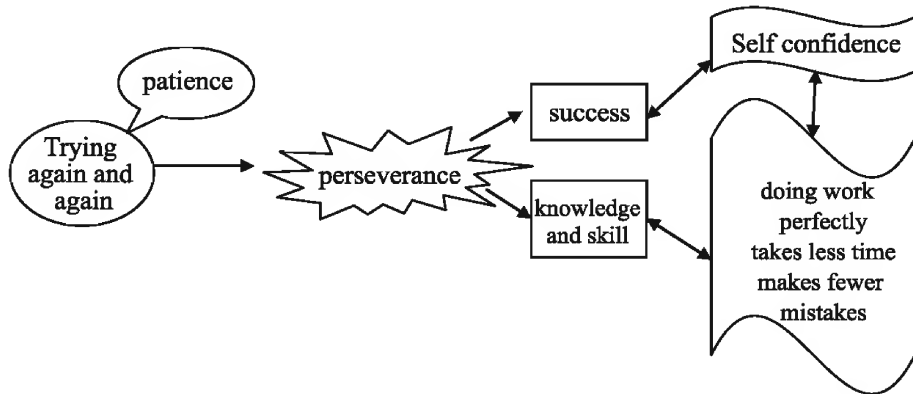
In the previous lesson, we could learn about patience and perseverance. Those are:

Patience, Success, Knowledge and Skill, Perfection, Making fewer mistakes
Perseverance, Self confidence, Taking less time, Trying again and again

These are again related with each other, for example, trying to do something again and again with patience is called perseverance. And we can be successful

in a work if we have perseverance and thus acquire knowledge and skill. Success can bring self confidence. Again, self confidence makes us more successful. We can do a work perfectly when we have the skill. It takes us less time to do and we make fewer mistakes.

These things can be put in the following way according to their relation. This is called mind mapping



Let's think: What are Rimi and Sumona doing in the picture? Can you tell why everybody calls them creative? Do you also want to be like them?

I will do something new, build something new

Thus I will fulfill my life with success a new

Individual Work

Creativity is another quality of a successful learner. You have learnt about it in the previous lesson. Let's make a mind map on creativity like a mind map on patience drawn in the previous page. For this,

- Let us write down the concepts of creativity.
- Let us put the concepts in order and make a mind map.
- Everybody show each other the mind map and discuss.



Let's think Dilara and Mainul are brother and Sister What are they doing? Why are they doing?

I just do not memorize bul understand well what I read

So I can apply all those in my life when I need

The story of Dilara and Moinul

After coming back home in the afternoon, Dilara saw her younger brother Moinul reading out the same sentences repeatedly. "The freedom fighters were brave----the freedom fighters were brave"

Dilara asked Moinul, "What are you doing? Since then I have been hearing you reading out the same sentence again and again. What's wrong with this?"

Moinul said, "I am trying to memorize the sentence but can't remember it. Tomorrow is my exam."

Dilara : What a fool you are! If you don't understand the meaning, you are

very likely to forget. Not only that, you will get no pleasure if you don't understand Mainul: Well, don't have much time to understand.

Dilara: It's also taking much time because of your memorization without understanding it. So, you have been reading the same sentence since then. It does not take much time if anything is read with understanding. You could have saved much time and read something else.

Mainul: Then----

Dilara: You have been memorizing "The freedom fighters were brave." Can you tell me why the freedom fighters are called brave?
"Moinul: mmm—'verer --I didn't think it over."

Dilara: If you just memorize without understanding anything, your ability to understand gradually becomes less and you also lose your creativity. The knowledge which is memorized only can not be applied in life.

For this reason, we have to understand very well what we read. After comprehension, we have to solve the problems or questions related with the subject and practice them. We have to think deeply about the subject. As a result, the subject does not remain only in the text. But one day it can be of use even while solving any problems in our real life. Come and let me make you understand why the freedom fighters are called brave.

Group Work

We have read the dialogue between Dilara and Moinul. Let's discuss in our groups.

- What problems we might face if we just memorize without understanding anything?

So, we all will try to read and understand. For example, in this chapter if you understand the things without just memorizing them and think about them, you will realize the impact of those things in your own life. Applying those things in your life, you will also become a successful learner.



Picture : Think lonely



Picture : Discussion with senior

Let us think deeply in pair over the answers to the following questions.

**Let's think : Explain the picture in the previous page
discuss it with the friend next to you.**

Activity:

- The number of the trees around us is decreasing day by day. What are the reasons of decreasing the number of trees.
- What adverse influences have fallen on environment as a result of decreasing trees?
- What kind of losses do we face for being disturbed the environment in such a way?
- What should we do to protect trees?

The answers you have thought are brainstorming. If you want to learn successfully, brainstorming is necessary. That means we will always think what we have learnt, how we have learnt and why we have learnt. In what ways I could have understood more all these questions.

We have come to know about the ways of achieving some qualities like regular attendance, paying attention, punctuality, activeness, patience, creativeness, application of the text-lesson learnt, brainstorming etc in order to make ourselves successful learners. We have discussed and learnt these things seeing the pictures, or from some stories or events. Now we will learn the ways of

achieving two more qualities and they are self confidence and self respect. But this time you will take the main responsibility--

Individual work and presentation

You have learnt about self confidence in the first chapter. With the help of that idea, write a short story on self confidence. The following things will be reflected in the story.

- How self confidence can be achieved?
- The features of a self confident person
- Self confidence brings good result

Now let's everybody write down the story on the poster and hang it on the wall. Let's go round the room and try to read each other's stories

- ❖ One class period has to be allotted for this purpose.

Individual work and presentation

Now draw a picture or a cartoon on the poster for self respect (they are given in the previous lessons) A man is doing something in the picture. What he is doing is done by a man of self respect. Try to write a rhyme in order to make it well understood. Now each of you present it to your friends in a short time.

- ❖ A class activity has to be allotted for this purpose.

Lesson 54 & 55: Story of becoming famous through education

There are many famous people in the society. We respect them. For example: Begum Rokeya, Ishwarchandra Bidyashagar, and many others. Most of the famous people were successful in their student life, because, they learnt attentively and applied attentively.

Can you think of any people around you who became famous through education?

Group work

In your group discuss about those people who became famous through education.

How was their education life?

How did they become famous?

Let's know about the student life of two famous people. Let's see how they became famous.

Ishwarchandra Bidyasagar



You all certainly know about Ishwarchandra Bidyasagar. He was a great scholar, an educationist, Social reformer, a writer and a man of charity. At the age of only 21 years, he was appointed as the Head Pundit of the Fort William College. Later, he became the Principal of the Kolkata Sangskrit College. The then British Government was amazed at his knowledge and skill and appointed him as the special Inspector of the schools. This is about his service life. He was rewarded with many honouarium and fellowship in his service life. Bidyasagar wrote many books specially he wrote many textbooks for the children. He introduced a new trend in Bangla story. He provided many arguments against childhood marriage, and polymarriage and introduced marriage for the widows at the risk of his own life. As a result of his active effort, the government passed a law and stopped childhood marriage and introduced widow marriage. Bidyasagar spent his own money and started many schools for the expansion of education, especially for girls' education for this, he used to encourage the wealthy and rich people of the society to come forward. It is said that he kept half of his income aside to help the poor people. For all these great deeds, Bidyasagar is considered as the greatest man of his age; we still remember

him with endless respect. What is the mystery behind all the great deeds of Bidyasagar? He was undoubtedly an extraordinary, honest man and a man of strong determination. Beside this, the role of his incomparable student life is also great. He had a strong eagerness for education. That is why, despite poverty, his father and mother gave him education.

After he finished his education in his village, his parents sent him to Kolkata for further education. It is heard that while he was going to Kolkata leaving his village, he learnt the English numbers from the milestones on the way. In Kolkata when there was no sufficient light at his home, he used to study sitting under the light of the street. The name 'Bidyasagar' as not given by his parents. This is a title. He studied in the Kolkata Shanskrit College from the year 1829 to 1841. During that time he received all the prizes and stipends of the college for all his extraordinary successes in his study. Seeing his brilliant merit in all the subjects, the college committee entitled him as 'Bidyasagar'. He was only 19 at that time. This extraordinary student life played a great role in making him famous in his later life. We will always try to follow him. If we do so, our life will be very nice.

Begum Rokeya



You must have heard about Begum Rokeya. She was a novelist, educationist and a social Reformer. She was born in Rongpur of Bangladesh. This great woman is known as the leader of the women revolution in the Bengal. She established girls' schools for the emancipation of women. She went from door to door and campaigned to bring the girls to the schools. Besides, she wrote many essays, short stories, poems and novels for women revolution. She also established an institution named 'Anjumane Khaowatine Islam' in order to make the

women aware of their rights. She had to tolerate much criticism for these sorts of work. But she never stayed away from her aims. Her education played a great role behind all these good deeds. During that time, the muslim girls were not sent to the schools. Begum Rokeya neither got the opportunity to get education from school. But she had an endless enthusiasm toward education. So, her brothers helped her learning English and Math at home. She got the maximum inspiration for education from her husband. As a result of her husband's continuous inspiration and support, she started to study different subjects and started writing in the papers and journals. This study and practice of writing opened the doors of her thoughts. She realized that there is no alternative to education and awareness of the rights for the freedom of women of this country. This sense achieved from education helped her come forward to free women. Even after her death many people owned this sense and they fought for the freedom of Muslim women. Many of them were Begum Rokeya's students. Today as we see that many Muslim women are studying at schools, colleges and universities and contributing to the society. Behind this fact, Begum Rokeya had the greatest role. So, we still remember her and her contribution with full respect.

Lesson 56 & 57: The irresistible and successful meritorious in Education

In the year 2011, a news on the success of two learners in their education was published in the newspaper. Let's we all read those very attentively.

A different achievement of Rozina in her life

Abul Kalam Muhammad Mustafa, Rajshahi

She was good in her study. But poverty stood on her way. Her father Abdul Latif who was a van driver and mother Renu Begum a

Rozina's family lives in a hut built on somebody else's land near the road of the eastern Dhobapara village of Puthia. The hut is fenced around with the leaves of dates. Rozina informs that she sleeps with one of her sisters and the youngest brothers inside the house. Their

labourer working in a rice mill could not bear any more expenses. They **got their** daughter married when she was in class eight. Her husband started to torture her for the unmet dowry. At last, she got herself freed from divorce. She gripped her education again after coming back to her father's house. The teachers admitted this enthusiastic student in class nine and this was how she rewarded her teachers for their love and support by securing GPA 5 in the SSC examination. The name of this irresistible meritorious girl is Rozina who crossed all sorts of obstacles. She appeared in the SSC exam in Arts group from Dhopapara Girls' School at Puthia district of Rajshahi. She is the first and only student of this school who got GPA 5.

parents sleep in the veranda. Two years ago, she got married in the village named Nandanpur with a dowry of twenty thousands taka. But her husband started to torture her claiming more dowry. At one point her husband divorced her. Shafiqul Islam, the principal of Dhopapara girls' School said "we all were 'shocked" at Rozina's early marriage as she was a good student. She came back when she was divorced by her husband for the greed of dowry. Then we admitted her into school again. We knew that she has the ability to do a good result. We took a special care of her. Her father managed to pay half of the registration fee and we paid the rest of the money from the school fund. The girl will go ahead further if she gets support." Renu Begum, mother of Rozina said, "I work in the paddy boiler. I get 10 to 20 taka a day." "Her father is a van driver. Sometimes he earns 100 taka a day, sometimes without a penny. We cut our expenditure and spend the money for this daughter. We are living through hardship."

Rabbi has given a sharp reply to the negligence

Pranab Ball, Chittagong

Many a times he went from schools to schools for admission. Nobody wanted to admit him as he was visually impaired. What an embarrassment, negligence around him! But he did not give up. After a long struggle, Toufatur Rabbi at last got admitted into class nine of Dampara Police line school. He still remembers the shame and neglect he experienced two years ago. This year he passed the SSC with GPA5 from the Arts Group and gave a retort to that neglect. In total 218 students appeared in the SSC exam from Dampara Police Institute this year. Among them 198 students passed. Only 33 got GPA 5. From Arts only 2 students got GPA 5. Again, a total of 75 students got GPA 5 from the Board. Rabbi is one of them. He is so glad today because he could surpass many. For his success he was grateful to Ali Akbar, the then Police Commissioner of Chittagong. He said 'Had he not helped me, I would have stopped my study at class eight.' This was published in the editorial of the Prothom Alo in 2008. Rabbi passed class eight from the Chittagong Drishti Bondhi school in 2008. There was no provision for further study in that school. But Rabbi wanted to go further. No school wanted to admit him as he was visually impaired. His father Kamal Uddin, a banker, mother Tahreer-E Shahnaj and Abdus Samad, the HeadMaster of a school for visually impaired students together tried to approach at least five schools of the city for his admission. They went to the District Commissioner and the Chairman of the Board and made a request to them. But nothing worked.

Later, with the help of the then city Police Commissioner Rabbi got admitted into Class nine in the Police Institute school. Then, he got the opportunity to prove his talent. Akhtar Hossain, the Head Master of the Police Institute school said, 'When no school took him, we admitted him. I was always hopeful about him as he was very attentive. And he proved it' Rabbi thinks not only for him, but also about others who are visually impaired and are deprived like him. At every step he realized how helpless the visually impaired groups are. Rabbi said, 'in our country there is no facility for the visually impaired people. Everyone just talks seriously but does nothing actually. The books written in Brail Method are very expensive. Not everyone can buy those. So, the government should draw their attention to them. To Rabbi, the impaired people can surpass all if they get the privilege. For his success he is grateful to Abdus Samad, the Head Master of the Drishti Protibandhi School and Muntasir Mamun, his private tutor. Abdus Samad said, "when no school did not admit him." I told them that this boy will surpass many normal students. And he has proved this." Now Rabbi's dream is to study in the Chittagong college. Who knows how much struggle Rabbi might have to face to make his dream come true.

Have you seen how the irresistible enthusiasm and willingness towards study can defeat lots of obstacles? Let's discuss now.

Group Work

In groups, let's find the answers of the following questions.

Question 1: What were the obstacles that Rozina and Rabbi face during their study?

Question 2: Why are Rozina and Rabbi called 'irresistible meritorious

Lesson 58-70: The successful and irresistible brilliant learners in education



Picture: a welcome reception for the irresistible brilliant learners-2011

They all are brilliant students like Rozina and Rabbi. Not all students' lives are same. May be some parents can spend a lot of money for their children to buy many things for them while some parents can not. Some of their parents or elder brothers and sisters can help in their studies. On the other hand, some of them can not get this help. Some perhaps have house tutor, some perhaps don't. Even some of them perhaps don't have an arm, or can't talk like all the others. This kind of difference can be there. However, every one has the possibility of becoming a successful learner. For this, one needs to have the eagerness and

willingness to learn and the inspiration from the family and to follow the ways to be a successful learner. Everybody loves a successful learner and respects them too as we respect learners like Rozina and Rabbi. They have ensured their success and in order to be a respected person they have started their journey towards the future with self-confidence.

Let's take part in a short drama

We have learnt about the qualities of a successful learner and the ways to achieve them. We have also known how one can become famous even by overcoming many obstacles. Now we will make a drama and will act it out to all.

Designing the plot of the drama

The drama will reflect all the followings

- The necessary qualities needed for the success in education
- The ways to achieve those necessary qualities
- The importance of achieving success

The story of the drama can be like this. There are two friends. One of them has got the qualities of a successful learner. He practices all those qualities in his life. As a result, he can become someone famous in life. The other friend does not practice those qualities. So, he faces many problems. If you like you can make other story too. But it has to have the things mentioned above. In your groups, design the main plot of the story. Now every group read out your story to the other groups. Now select the drama which stood first through votes. If needed, make one story with several stories.

Writing the framework of the drama

Now the drama has to be written in the form of a story. You get into groups and each group plans the scene, for each act. Now write down the roles of different character and their act. When you finish the writing, collect all the writings together.

- ❖ Three class periods have to be allocated for writing the drama.

Selection of the artists and distribution of their jobs

You all will act in the different roles of the drama. Let your teacher know which roles each of you want to play. If more than one wants to play the same role, then the teacher will ask each of you to play a short role. Then he who will win the vote from all, will play that role.

- ❖ One class period has to be allocated for selecting the artists and distributing the job

Now make a list of all the jobs to be done for acting out the drama for example: arranging the stage, inviting the other teachers and students. Decide what things need to be collected. Now the teacher will distribute the jobs to all. Do not forget to decide where, when and on which day the drama will be staged and also the people who will be present there.

Rehearse acting

Now rehearse well before you stage the main drama. Those who are not going to act can watch the rehearsal. Give advice to your friends on how they can do better.

- ❖ Six class periods have to be allocated for the rehearsal of the acting

Acting

Those who have been selected for acting out the drama, play it out on the stage just after the rehearsal.

- ❖ One class period has to be allocated for the main acting.

What have we learnt from the acting?

After the drama let's think about the answers of the questions below:

- What are the important qualities for achieving the success in education?
 - What are the ways to achieve the qualities to achieve the success in education?

- What are the results of the success in education?
- ❖ The answers of these questions have to be prepared in the light of the drama. One class period has to be allocated for this activity.

Exercise

1. Word Search Game

Different qualities of a successful student are hidden in the scattered letters as sideways, horizontally, vertically or diagonally. Try to identify them. One has been done for your convenience. (the bold one)

R	F	V	G	B	D	Y	H	M	B	U	X	Z	A	C	E
A	S	D	F	G	I	H	H	P	R	A	C	T	I	C	E
J	K	L	P	O	S	I	U	T	R	W	E	Q	N	D	H
Z	X	C	V	B	C	N	M	J	K	F	D	E	S	A	D
C	R	B	A	T	I	V	I	T	Y	L	D	Q	K	S	W
P	E	O	T	O	P	A	T	J	M	I	Y	D	Y	M	S
R	G	V	T	E	L	A	M	E	F	W	V	Q	X	L	D
A	U	C	E	N	I	I	T	N	L	L	Y	N	D	Y	F
C	L	S	N	L	N	Y	O	I	M	W	D	V	Z	X	G
T	A	A	T	W	E	C	L	N	E	P	Y	P	M	V	H
I	R	F	I	H	F	I	P	R	L	N	Z	W	Q	C	R
C	I	W	V	L	T	D	U	F	W	C	M	D	N	G	
A	T	T	E	N	D	A	N	C	E	Q	W	E	Z	M	W
L	Y	S	H	U	T	J	C	D	L	O	Y	P	V	J	A
N	A	H	C	U	L	U	T	Y	Z	N	P	C	A	Y	I
N	C	Y	A	I	Q	X	U	C	J	Y	V	P	J	X	U
Y	N	H	V	H	U	M	A	U	P	A	U	A	N	Z	P
L	A	L	Q	N	C	A	L	Z	J	X	M	Y	Z	N	A

2. Know thyself

At first prepare a list of the qualities of successful student in the table below. You can prepare more table if necessary. Now beside each of the qualities mention which of those you have and which you don't have.








1	The qualities of becoming successful learners	Enough/less	How can I achieve those better? (if I have it a little)
2			
3			
4			

3. Let's think about life

Write down in your exercise book what problems you might face and how you can overcome those.

4. Making weekly routine

In the table of the first week, divide each day into some parts. Now divide the works according to the time. Your weekly routine is done. A specimen of a routine is given as an example. If you like you can use some marks, design or small colorful pictures in the routine. Then hang it near the place you study.

Days	Morning 6-7	Morning 8-12.30	Noon 1-2	Noon 2-3.30	Afternoon 3.30-5	evening	Night
Fri							
Sat							
Sun							
Mon							
Tues							
Thurs							

Model Question

1. Which quality is essential to achieve success in education?

- Only to prepare the lesson at night before the exam.
- To ask the teacher in the class if you don't understand the lesson.
- To think only to become successful in the exam.
- Try to memorize only through listening without taking any class note.

2. What do 'being active' mean?

- a) arguing in all activities b) Doing activities with a great noise.
c) being eager in all activities d) Doing work with patience.

Read the passage and answer the question no. 3 & 4

Tushi finds math very hard. Once she couldn't solve a math in the class. At night she started trying to solve the math till morning and she finally could solve it.

3. Tushi can be called

- a) active b) creative c) perseverance d) disciplined

4. Having such characteristics as Tushi has, man—

- i) can achieve success ii) can make few mistakes iii) can be self confident.

Which one is correct?

- a) i b) i & ii c) ii & iii d) i , ii & iii

Creative Question:

Read the passage and answer the following questions:

Mohon is always present in the school even in heavy rainfall or storm. But one day when teacher gave a group work in the class, he couldn't notice it properly. Though all the students discussed about the classification of family, he didn't join. Moreover, he sat idle without taking any class note even when the teacher was explaining it in the class and all the students were busy for taking class note.

- a) Who is called the pioneer of 'Raising Muslim women?
b) What do you mean by the Weekly Routine?
c) Which qualities does Mohon have for achieving success in education? – explain.
d) What kind of problems may Mohon face in his class for his behavior – give your opinion..

The End

2018

Academic Year

6-Work and Life

সমৃদ্ধ বাংলাদেশ গড়ে তোলার জন্য যোগ্যতা অর্জন কর

– মাননীয় প্রধানমন্ত্রী শেখ হাসিনা

নারী ও শিশু নির্যাতনের ঘটনা ঘটলে প্রতিকার ও প্রতিরোধের জন্য ন্যাশনাল হেল্পলাইন সেন্টারে
১০৯ নম্বর-এ (টোল ফ্রি, ২৪ ঘণ্টা সার্ভিস) ফোন করুন



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